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We all have our fears, and we each have our own ways of facing them. In the novel *White Noise* by Don Delilo, we see that both Babette and Jack have an undeniable fear for dying. In chapter 26 especially, we see that Babette and Jack both openly discuss their terrifying fear of death. Secrets that have been kept between the two were swapped, and we can sense a turning point in how the two characters will act regarding each other throughout the rest of the novel. Having control over a fear gives people a sense of power and reassurance that everything will be okay. Jack takes comfort in items and observations all around him while Babette turns to undercover medications for help. The novel *White Noise* illustrates how fears are coped with in different ways.

In the beginning of the novel, we are constantly hinted by Denise of Babette’s addiction to some mysterious pills. We are shown her obvious denial towards them, and Denise’s constant concern of her mother taking the medication that no one seems to know about. “I’m afraid to die,” she said. “I think about it all the time. It won’t go away” (DeLillo, 197). When we find out that Babette is secretly taking a drug that is unsafe to be tested on humans in hopes to cure her fear of death, we learn about her character as whole. She describes how her thoughts of fear practically consume her, and overwhelm her with fear. “It haunts me, Jack. I can’t get it off my mind. I know I’m not supposed to experience such a fear so consciously and so steadily. What can I do? It’s just there.” (DeLillo, 196). Babette comes off as a seemingly normal parent. Well, at least, somewhat normal for the strange behavior of those throughout the novel is different from the behavior that we see in everyday life today. Babette seems a little spacey and zoned out at times, but aside from that, she appears to be a pretty normal and typical mother.

Just because Babette has an awful fear of dying does not mean that she alone. As we come to find out, Jack also shares the same fear of death. In the book, the couple openly discuss death and talk about who is to pass away first. We can note a bit of uneasiness between the two. “How strange it is. We have these deep terrible lingering fears about ourselves and the people we love. Yet we walk around, talk to people, eat and drink. We manage to function. The feelings are deep and real” (DeLillo, 198). Here we see that Jack points out how they still continue about their everyday lives, even with the fear residing within themselves. Jack deals with his fear not through medication, but by carefully observing his surroundings. For example, we see that Jack notes a feeling of comfort and easiness when he has discussions with his son Hienrich, and when he begins to describe items in the local supermarket.

In summary, fear is a major topic in the novel *White Noise*. Babette and Jack both share the same fear of death, and we find out more about each character as the novel develops into a bit more of an unraveling mystery. Babette turns to her medication while Jack seems comfort in whatever he can find around him that gives him the temporary satisfaction of easiness. Death is a common fear, and there is no proven way of making everyone see past the uneasy thought of leaving your present life and passing on. *White Noise* shows us how two spouses hide their fears from each other only to find out they share the same fear in secret and could be helping each other through their constant worries and fears.